



## **Cumbria Advisory Thyroid Service**

### **INFORMATION SHEET**



### **Thyroid blood pressure & heart disease**

#### **Hyperthyroid**

It is quite common for patients with this form of Thyroid dysfunction to have a rapid pulse and raised blood pressure. If this situation goes on for any length of time it will put a strain on your heart. That is why it is so important for thyroid dysfunction to be diagnosed and treated as soon as possible. Heart strain in older patients will give symptoms or breathlessness swollen ankles and irregular pulse rates. These symptoms must be treated to prevent any further damage to the heart.

#### **Hypothyroid**

Hypothyroid patients generally have low blood pressure and pulse rates. However there is a tendency for this patient to put on weight, suffer from fluid retention and develop raised cholesterol levels. These conditions will all have a bad effect on your heart particularly in your later life. If hypothyroidism has been present for many years it is common for patients who have the above symptoms to develop Angina. In many cases this is the first sign that there are problems with your heart, however with modern treatments that are now available, many heart symptoms can be easily treated.

### **C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE**

#### **Disclaimer**

*The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.*